

The Public's HEALTH

The Rhode Island Department of Health

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Special Edition: Healthy Rhode Island 2010

Do you ever wonder how healthy Rhode Island could be?

Do you ever wonder how much Rhode Island's health could improve in ten years? The RI Department of Health (HEALTH) is addressing this question through an initiative called *Healthy Rhode Island 2010*. The initiative is based on the US Department of Health and Human Services'

The 10 Leading Health Indicators

1. Physical Activity
2. Overweight and Obesity
3. Tobacco Use
4. Substance Abuse
5. Responsible Sexual Behavior
6. Mental Health
7. Injury and Violence
8. Environmental Quality
9. Immunization
10. Access to Health Care

national Healthy People agenda that lays out health goals and objectives for year 2010. *Healthy Rhode Island 2010* will monitor our state's progress in ten health areas leading up to 2010.

So how will we know how Rhode Island measures up?

HEALTH, and many outside partners, finalized *A Healthier Rhode Island by 2010: A Plan for Action* (The Plan) in May of this year. The Plan will serve as Rhode Island's guide to improve the public's health and offers both objectives and evidence based-interventions to achieve this. As outlined in the plan, *Healthy Rhode Island 2010* adopted the two overarching goals of the national initiative: eliminate health disparities and

increase years and quality of life. Progress in achieving these two goals is measured nationally using 467 objectives in 28 focus areas. Ten of the 28 focus areas were chosen as Leading Health Indicators (LHIs) based on their "ability to motivate action, the availability of data to measure their progress, and their relevance as broad public health issues."¹ *Healthy Rhode Island* uses the ten Leading Health Indicators (see box to the left) and 27 corresponding objectives as a roadmap toward a healthier Rhode Island by 2010.

For each objective there is a baseline percentage, established from data gathered between 1998 and 2002, and a target percentage to reach by 2010.

The first three Leading Health Indicators listed are Physical Activity, Overweight and Obesity and Tobacco Use, which are also the leading actual causes of death as reported in the *Journal of the American Medical*

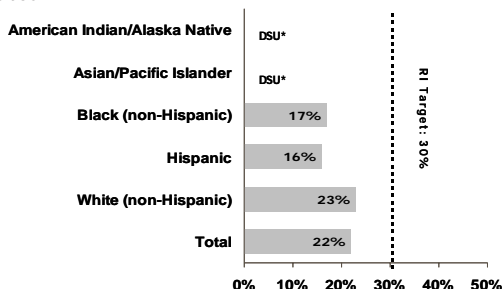
¹ U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.



Objectives for the Physical Activity LHI are to increase the proportion of adults who engage in regular moderate physical activity by 8% and increase the proportion of adolescents who engage in regular vigorous physical activity by 23%.

Physical Activity

Current percentage of RI adults (shown by self-reported racial/ethnic origin) who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes.



SOURCE: 1998-2000 Rhode Island Behavioral Risk Factor Surveillance System, Office Of Health Statistics (OHS), Rhode Island Department of Health (RIDOH).

* Data are statistically unreliable and therefore are not reported.

Association in March of 2004. The objectives for these three LHIs cover lifestyle behaviors such as amount of daily exercise, daily fruit and vegetable intake, proportion of obese adults, and cigarette smoking for both adults and adolescents.

For instance, under Physical Activity, the goal reads “increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes a day”.

For each objective, disparities are identified for the populations farthest from the target. For Physical Activity, Black and Hispanic adults engage less in Physical Activity than the rest of the population (see box above). Interventions for Physical Activity should address these disparities to achieve the overarching goals of Healthy Rhode Island 2010

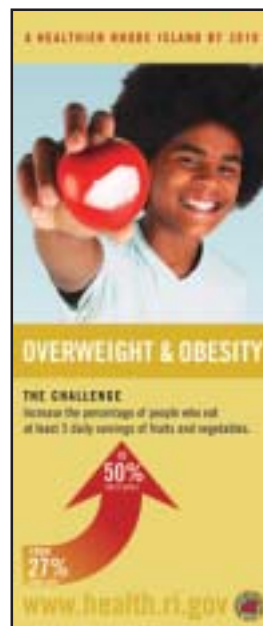
For Obesity, African Americans have rates twice the Rhode Island target (see box to the right).

With Tobacco, an inverse relationship is found between cigarette smoking and income. Those with an income below \$25,000 have the greatest disparity (see box at bottom of next page).

Who should work on the Healthy Rhode Island objectives?

All Rhode Islanders! *A Healthier Rhode Island by 2010: A Plan for Action* can be utilized and promoted in many different places: schools, worksites, community organizations, and health service settings. The Healthy Rhode Island 2010 initiative hopes that Rhode Island organizations and individuals will implement suggested strategies from the plan, such as posting signs by elevators encouraging employees and visitors to use the stairs. (Signs are available on the HEALTH website at www.health.ri.gov/topics/rthc/rthcstairprompts.htm.)

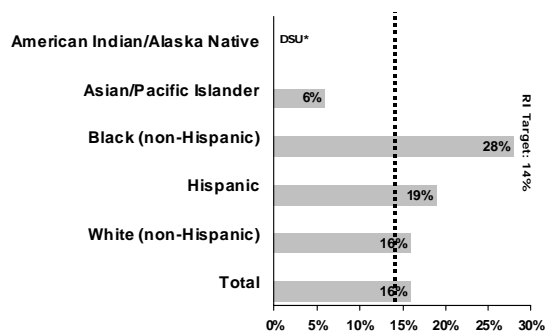
In addition to the final review of progress that will be conducted in 2010, a mid-course review will be conducted in 2006 to evaluate the progress Rhode Island has made since 2000 toward the objectives in the Healthy Rhode Island 2010 plan.



Objectives for the Overweight and Obesity LHI are to reduce the proportion of adults who are obese by 3% and children who are obese and overweight by 15%, and to increase fruit and vegetable intake for all Rhode Islanders by 23%.

Overweight and Obesity

Current percentage of RI adults, by self-reported racial/ethnic origin, who are obese



SOURCE: 1998-2000 Rhode Island Behavioral Risk Factor Surveillance System, OHS, RIDOH.

* Data are statistically unreliable and therefore are not reported.

A Healthier Rhode Island by 2010; A Plan for Action

can be downloaded at

<http://www.health.ri.gov/chic/healthypeople/hri2010plan.pdf>.

To request a printed copy, call (401) 222-7899.

The Building Blocks for *A Healthier Rhode Island: A Plan for Action*

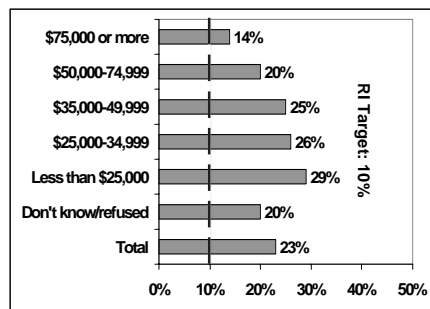
are available at <http://www.health.ri.gov/chic/healthypeople/home.htm>

1. *Healthy Rhode Islanders 2000 Progress Review*
Review of progress towards 27 state-level objectives for 2000
2. *Healthy Rhode Islanders 2010: Baselines and Targets*
State-level data sources, baselines, and targets for each of the 27 objectives
3. *Healthy Rhode Islanders 2010: Leading Health Indicators by Race and Ethnicity*
Baseline data for the state by Race and Ethnicity
4. *Healthy Rhode Islanders 2010: Leading Health Indicators by Gender, Household Income, Education Level, Geographic Location, Age Group, and Disability Status*
Baseline data for the state by Gender, Household Income, Education Level, Geographic Location, Age Group, and Disability Status
5. *Evidence-Based Strategies and Best Practices for Leading Health Indicators*
National Best Practices addressing each Leading Health Indicator

Objectives for the Tobacco Use LHI are to reduce cigarette smoking by adults and adolescents by 13% and 21% respectively.

Tobacco Use

Current percentage of RI adults, shown by self-reported income level, who smoke cigarettes.



SOURCE: 1998-2000 Rhode Island Behavioral Risk Factor Surveillance System, OHS, HEALTH.

* Data available for adults age 18 and older

This all sounds familiar. Where have I heard this before?

Rhode Island produced health objectives in 1994, entitled *Healthy Rhode Islanders 2000*, which contained 25 health objectives for 2000. Improvements were made in 18 of 25 objectives.

The evaluation of *Healthy Rhode Islanders 2000* was compiled in a final report *Healthy Rhode Islanders 2000 Progress Review*, available for downloading on the HEALTH website.

How does Healthy Rhode Island 2010 fit into the goals of HEALTH?

At the end of last year, HEALTH adopted the Department's Strategic Plan called *HEALTH RI Strategic Plan 2004-2010*. The first priority of the Strategic Plan encompasses the HRI 2010 goals: "Develop and implement an integrated department plan by 2005 that harnesses the energy, expertise, programs and partnerships of all divisions to address the overarching goals of Healthy Rhode Islanders 2010...and place emphasis on the leading indicators." HEALTH created a steering team to develop and implement strategies to meet the expectations of Goal One of the Departmental Strategic Plan.

Show your support for Healthy Rhode Island 2010!

Are you having a health fair or other health education event? Is your organization or worksite promoting a program for tobacco cessation or weight loss? Do you want to promote healthy lifestyle changes? Educational banners (such as those pictured in this newsletter) have been produced for each of the ten leading health indicators and for the two Healthy People 2010. The banners were displayed at the October

three feet wide, made of canvas, free standing and roll down into a convenient carrying case for easy transport. Individual banners will be available to your organization for one month at a time. To request that a banner be displayed by your organization, contact the Healthy Rhode Island 2010 Coordinator JoAnna Williams, at (401) 222-7899 or by e-mail at JoAnnaW@doh.state.ri.us.



2003 Healthy Rhode Island Conference and will now be circulated throughout community organizations. Banners are six feet tall by



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*Safe and Healthy Lives in Safe
and Healthy Communities*